

## Full Report (All Nutrients) 09240, Peaches, canned, light syrup pack, solids and liquids

Report Date: June 30, 2017 17:07 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves or slices 251g	1 half, with liquid 98g
<b>Proximates</b>						
Water	g	84.72	71	0.088	212.65	83.03
Energy	kcal	54	--	--	136	53
Energy	kJ	226	--	--	567	221
Protein	g	0.45	19	0.012	1.13	0.44
Total lipid (fat)	g	0.03	4	0.002	0.08	0.03
Ash	g	0.25	19	0.009	0.63	0.24
Carbohydrate, by difference	g	14.55	--	--	36.52	14.26
Fiber, total dietary	g	1.3	--	--	3.3	1.3
Sugars, total	g	13.25	--	--	33.26	12.98
<b>Minerals</b>						
Calcium, Ca	mg	3	19	0.169	8	3
Iron, Fe	mg	0.36	19	0.033	0.90	0.35
Magnesium, Mg	mg	5	19	0.114	13	5
Phosphorus, P	mg	11	19	0.275	28	11
Potassium, K	mg	97	11	3.677	243	95
Sodium, Na	mg	5	11	0.557	13	5
Zinc, Zn	mg	0.09	--	--	0.23	0.09
Copper, Cu	mg	0.052	--	--	0.131	0.051
Manganese, Mn	mg	0.046	--	--	0.115	0.045
Selenium, Se	µg	0.3	--	--	0.8	0.3
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	2.4	117	0.087	6.0	2.4

Nutrient	Unit	1			1 cup, halves or slices 251g	1 half, with liquid 98g
		Value Per100 g	Data points	Std. Error		
Thiamin	mg	0.009	13	0.000	0.023	0.009
Riboflavin	mg	0.025	19	0.002	0.063	0.025
Niacin	mg	0.593	19	0.025	1.488	0.581
Pantothenic acid	mg	0.050	--	--	0.126	0.049
Vitamin B-6	mg	0.019	--	--	0.048	0.019
Folate, total	µg	3	--	--	8	3
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	--	--	8	3
Folate, DFE	µg	3	--	--	8	3
Choline, total	mg	4.1	--	--	10.3	4.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	18	128	0.424	45	18
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	176	--	--	442	172
Carotene, alpha	µg	1	--	--	3	1
Cryptoxanthin, beta	µg	73	--	--	183	72
Vitamin A, IU	IU	354	128	8.470	889	347
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	61	--	--	153	60
Vitamin E (alpha-tocopherol)	mg	0.49	--	--	1.23	0.48
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.7	--	--	4.3	1.7
<b>Lipids</b>						
Fatty acids, total saturated	g	0.003	--	--	0.008	0.003
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves or slices 251g	1 half, with liquid 98g
16:0	g	0.003	--	--	0.008	0.003
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.012	--	--	0.030	0.012
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.011	--	--	0.028	0.011
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.015	--	--	0.038	0.015
18:2 undifferentiated	g	0.015	--	--	0.038	0.015
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.001	--	--	0.003	0.001
Threonine	g	0.018	--	--	0.045	0.018
Isoleucine	g	0.013	--	--	0.033	0.013
Leucine	g	0.025	--	--	0.063	0.025
Lysine	g	0.014	--	--	0.035	0.014
Methionine	g	0.011	--	--	0.028	0.011
Cystine	g	0.004	--	--	0.010	0.004
Phenylalanine	g	0.014	--	--	0.035	0.014
Tyrosine	g	0.012	--	--	0.030	0.012
Valine	g	0.025	--	--	0.063	0.025
Arginine	g	0.011	--	--	0.028	0.011
Histidine	g	0.008	--	--	0.020	0.008
Alanine	g	0.027	--	--	0.068	0.026
Aspartic acid	g	0.075	--	--	0.188	0.073
Glutamic acid	g	0.068	--	--	0.171	0.067

Nutrient	Unit	1	Data points	Std. Error	1 cup, halves or slices 251g	1 half, with liquid 98g
		Value Per100 g				
Glycine	g	0.016	--	--	0.040	0.016
Proline	g	0.019	--	--	0.048	0.019
Serine	g	0.021	--	--	0.053	0.021
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
<b>Flavonoids</b>						
Isoflavones						
Daidzein <sup>1</sup>	mg	0.00	1	--	0.00	0.00
Genistein <sup>1</sup>	mg	0.00	1	--	0.00	0.00
Total isoflavones <sup>1</sup>	mg	0.00	1	--	0.00	0.00

<sup>1</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331